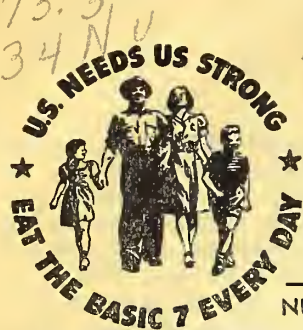


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# NUTRITION

U. S. DEPARTMENT OF AGRICULTURE

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## News Letter

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### FAMILIES ARE EATING BETTER MEALS ACCORDING TO BHNHE STUDY

A higher consumption of milk, fresh fruit, fresh vegetables, and eggs in Birmingham, Ala., and more milk, fresh vegetables, frozen and canned fruits and vegetables, and slightly more meat, poultry, and fish eaten in Minneapolis-St. Paul, Minn., indicate a nutritional advance over 1936 when the Bureau of Labor Statistics made a study of incomes and expenditures of wage earners and clerical workers in these cities. This improvement is shown by the data collected last winter in these cities as part of a Nation-wide Food Consumption Study by the BHNHE under Research and Marketing Act funds.

This study was made to determine the influence of geographic location, season of year, and income on consumer uses of food. Families in four cities—San Francisco, Calif., and Buffalo, N. Y., in addition to the two mentioned above—were interviewed in the winter, spring, and autumn of 1948 to furnish a three-season picture. A single study made last spring in 68 cities, representing a cross section of urban United States, will help to round out the study. This survey will give the most detailed data on family food practices in cities and towns obtained since the end of the war. The data are now being analyzed and reports will be released when the study is complete.

According to these data, San Francisco families eat well at all income levels. Average consumption per person of milk, meat, poultry, fish, fresh and frozen vegetables, and fresh and frozen fruits was higher at low and high income levels than in either Birmingham or the Twin Cities. Minneapolis-St. Paul families used more milk, bread, and other bakery products, potatoes, fresh fruits, and frozen and canned fruits and vegetables than did Birmingham families. However, consumption of eggs, meat, poultry, and fish was about the same in both Birmingham and the Twin Cities.

Income had an important effect on the kinds of food eaten. Families with larger incomes used more vegetables, eggs, milk, meat, poultry, fish, and bakery products in both Birmingham and the Twin Cities. In San Francisco, families with over \$6,000 incomes used four times as many frozen fruits and vegetables; about twice as much meat, poultry, fish, and fresh fruit; and half again as many fresh vegetables and prepared or partially prepared dishes and soups as families receiving \$2,000 to \$3,000.

The range of money spent for food was wide—25 percent of San Francisco families spent more than \$12 per person per week; 9 percent spent under \$5 but none spent less than \$3.50. In Birmingham 14 percent spent more than \$10, and 11 percent less than \$3.50. The range was not as wide in the Twin Cities—71 percent spent between \$5 and \$10, 11 percent spent more than \$10, while only 2 percent spent less than \$3.50. The average per person spending in the West coast city was \$9.75 per week, compared with \$6.61 in Birmingham, and \$6.89 in Minneapolis-St. Paul.

The larger spending for food in San Francisco took 32 percent of average weekly income compared with 37 percent in Birmingham and 30 percent in Minneapolis-St. Paul. This spending did not include food received as gifts or wages or food raised at home.

### ORGANIZE A COMMUNITY FILM COUNCIL TO OBTAIN HELPFUL FILMS

To make films from all sources available to communities in the same way that libraries make books available, is the purpose of community film councils. Over 100 local film councils have been organized in 34 States to aid people "in selecting, obtaining, and using audio-visual materials."

The Film Council of America will help communities organize their own film councils. Any person interested in forming a local council can request organization helps, lists of other councils, and samples of the work of councils from this organization at

6 West Ontario Street, Chicago, Ill. The Council has a series of eight how-to-do-it publications which are available at a small cost. They deal with such topics as "How To Form a Film Council," "How to Obtain and Screen Films for Community Use," "How to Conduct a Survey of Community Film Needs and Resources," and "How To Conduct a Community Film Forum."

#### NORTH DAKOTA AGENCIES COOPERATE IN A SCHOOL LUNCH WORKSHOP

Although North Dakota does not have a State Nutrition Committee as such, various agencies cooperated in two conferences for school lunch room workers conducted by the Department of Public Instruction in December.

..The Red Cross paid the travel expenses of persons attending and provided a nutritionist to discuss the improvement of children's food habits.

..The Health Department sent a sanitary engineer to explain sanitation aspects of dishwashing, food storage, food poisoning, safe and adequate water supply, personal health and cleanliness of workers, handwashing for children, pasteurization of milk, and insect and rodent control.

..The State Supervisor of Vocational Home Economics opened the meeting and conducted a question period.

..A lesson on menu planning was given by an instructor from the agricultural college who is also nutrition chairman for the Home Economics Association.

..Talks on record keeping and a dishwashing demonstration were given by the director of the State School Lunch Program.

One of the conferences was held in Valley City with 61 teachers, superintendents, cooks, school board members, and representatives of sponsoring clubs attending. A blizzard prevented many from coming to a second conference at Devil's Lake but all who attended evidenced interest, according to Ethel Heising, director of the State School Lunch Program.

#### NEWS OF STATE COMMITTEES

NEW JERSEY:—At the January 21 meeting of the New Jersey Nutrition Council the Committee on Nutrition of Older Adults set up the following activities for its project: (1) To inquire into the existence of similar programs in other States; (2) to assemble information regarding the situation in New Jersey; and (3) to disseminate this information to individuals and organizations which work with older adults.

Since opinions differ on diets for older people, the committee is establishing a reprint library on the subject. When the committee queried health departments in other States to find out what is being done in this field, few had information of value but many were interested. A study of menus used in nursing homes revealed the need for meal planning suggestions. The committee can aid administrators and personnel of both State and private institutions by recommending dietary regimens suitable for older persons.

The committee is seeking the cooperation of State medical and dental societies in this project because many of the people affected are under medical care and nutrition may be part of their medical problem. The cooperation of a skilled psychologist, familiar with aging problems, is needed also in formulating methods for putting the information to use.

Plans are being made for a public meeting during Public Health Week to help disseminate knowledge of nutrition for older adults. Resources within the Council will be used to spread information on diets and the program will be reported from time to time in medical and nursing journals.

The Council adopted the motion of the Committee on Margarine reaffirming its support of legislation seeking repeal of the Federal tax on margarine.

WASHINGTON:—The State Nutrition Committee cooperates with other groups interested in human nutrition and members took part in the Agricultural Experiment Station Annual Conference held December 29 at Pullman. Among the nutrition activities reported at the conference were two research projects of the Department of Home Economics of the State College which deal with "A Study of Basic Metabolism of Elderly People" and "The Interrelationship and Dietary Needs of Various Nutrients as Affected by the Caloric Intake of Human Subjects."

It was pointed out that research on human nutrition is needed in addition to work with small animals because of probable differences in utilization. Since overweight is a serious problem, present research is focused around low-calorie diets and how they affect the utilization of other nutrients.

Also discussed was the proposed Western Region Cooperative Research in Foods and Nutrition, which has three objec-

tives: To investigate nutritional status as affected by diet and environmental conditions such as soil, climate, and water in certain selected areas of the West; to conduct chemical and biological tests on the food and water obtained from regions in which the study is being conducted; and to investigate human nutritional requirements as deduced from the surveys and from additional planned work with human subjects. Areas to be studied are chosen on the basis of incidence of dental caries. In nutritional status studies of representative population groups, local nutrition committees will be called upon to help in making local contacts.

One of the projects described by the Dairy Husbandry Department is to increase the use of milk. Ways of preserving milk and the quality and stability of powdered milk were also discussed briefly.

The Extension nutritionist briefly pointed out that little is known about the social or cultural patterns of eating that influence nutritional status, and asked "What are some of the things that make people do the things they do and how could their eating pattern be changed."

Chairman Velma Phillips hopes that reports of this conference will result in increased interest in human nutrition by agricultural groups. Much time and money are spent getting people to eat surplus crops—why not plan agriculture programs to meet human nutritional needs, she asks.

NEW YORK STATE:—Several subcommittees of the State Nutrition Committee have done outstanding work, according to Mrs. Carrie W. Taylor, secretary of the committee. Among them is the Improvement of Baked Goods Committee, which has developed a formula for triple-rich bread containing large percentages of dry skim milk and soy flour. Another is the Dry Milk Solids Committee, which has done much to educate the public in the use of nonfat dry milk and to get it on retail grocery shelves. The School Lunch Committee has continued its effective support of school-lunch legislation and of stimulating local interest in better school lunches. The Legislative Committee has done a fine job of keeping the State and county committees informed about food and nutrition legislation.

Regional Institutes. More than 400 county and committee representatives attended the six regional meetings held

between October 23 and January 12 in various parts of the State.

Planned and sponsored by the Clinton County Nutrition Committee, the meeting in Plattsburg on October 23 drew 115 people. The program included films, a demonstration of quick bread preparation, and a talk on "Buy the Best Health for the Best Price."

Five counties reported their activities at the Elmira Conference on November 11. They described how they are encouraging the use of dry skim milk and triple-rich bread, giving food marketing information to the press and radio, and assisting school-lunch programs.

The November 18 meeting in Albany was devoted to discussions of local county problems and of suggested State programs. It concluded with a talk on "Nutrition Education as Part of a Community Program."

In Buffalo the conference on November 20 stressed the continuing need for nutrition education. A discussion of "What Local Committees Can Do" was highlighted by these suggestions: (1) Coordinate activities of interested organizations; (2) survey needs of the community and adapt programs to these needs; and (3) publicize the availability of types of assistance offered in the community. A review of recent developments in nutrition and food research brought out the need for translating to laymen known nutrition facts both accurately and practically.

The conference in New York City on December 2 consisted of a symposium "What's New in Foods and Nutrition," and talks on "What Nutrition Committees Can Do About Legislation" and "How a Local Community Can Cooperate in the School Nutrition Program."

The morning session of the Utica Conference on January 12 consisted of reports of county nutrition activities and a discussion of ways to coordinate county nutrition programs. Talks on "Food for the Aging," "Better Bread," and "School-Lunch Programs" comprised the afternoon session.

Rochester and Monroe County. Continuing its program, reported in the July NNL, of giving information on budgeting and wise buying of food, the Rochester and Monroe Nutrition Committee has prepared some suggestions for food plans which incorporate the new recommendations of the National Research Council. A bulletin, "Planning Family Meals at Low and Moderate Cost," features the

Basic Seven Food Groups on the cover and contains two family food plans. Each plan lists quantities of foods needed weekly for each member of the family. Information on meal planning, food buying, and storage of foods, as well as lists of prices and market orders, complete the leaflet. About 180 professional workers attended workshops held for the purpose of interpreting this material.

NEW MEXICO:—The school-lunch workshop manual mentioned in the February NNL has been prepared and published. It was written by the School Lunch Division of the State Department of Education in consultation with the School Lunch Committee of the State Nutrition Committee.

More than two-thirds of the 404 schools now participating in the school-lunch program are serving type A lunches. Workshops are being planned for school-lunch workers in 23 centers in the State.

TEXAS:—"What's Cooking," the newsletter of the Texas Nutrition Council, carries information about activities of the various organizations affiliated with it. Among the reports in the January issue is one describing the North Texas State Teachers College program of giving vocational home economics majors practical lunchroom management training through participation in the demonstration school lunchroom program. Educational projects are chosen to integrate the school-lunch program with the entire school curriculum.

Another report states that the Lubbock Dietetic Association has offered counseling service in diet and nutrition to the mothers of cerebral-palsied children in the treatment center at Texas Technological College. As a basis for planning diets, general information on the degree of involvement and its relation to consumption and utilization of food, a medical examination to determine nutritional status, and a week's dietary record are being tabulated. After analysis of these data, individual mothers will be advised how to feed their children more easily and more wisely. Children with eating handicaps and those in suboptimal nutritional states will be given special consideration.

The Council has standing committees on publications, food preservation, nutrition in the schools, Negro nutrition, research, budget, publicity, and an advisory to Negro committee. The Research Committee met in Fort Worth on

November 4 to plan for cooperative work on corn-meal enrichment.

#### NEW MATERIALS

"Factors Affecting the Nutritive Value of Foods," Misc. Pub. 664, 28 pp., illus., Dec. 1948. This publication reports the results of studies carried on at the U. S. Plant, Soil, and Nutrition Laboratory at Ithaca, N. Y., and may be obtained from the Superintendent of Documents, Government Printing Office, Washington 25, D. C., for 10 cents.

School-lunch materials available free from PMA Information Branch, Washington 25, D. C.

"Increasing the Efficiency of the School-Lunch Kitchen," PA-61, 21 pp., illus., Nov. 1948. Prepared by BHNHE in cooperation with PMA. Contains lay-outs showing food preparation routes.

"School-Lunch Recipes Using Fish," PA-66, 8 pp., Dec. 1948. Prepared by BHNHE and PMA in cooperation with the Fish and Wildlife Service, U. S. Dept. of the Interior.

"School-Lunch Recipes Using Tomato Paste," 4 pp., Oct. 1948, mimeo. Issued by BHNHE.

"School-Lunch Recipes Using Honey," 7 pp., Dec. 1948, mimeo. Issued by BHNHE.

Two publications from the State Department of Education, Baltimore, Md.:

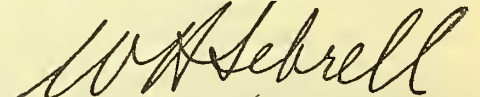
"Standards of Sanitation Applying to School Lunchrooms," 47 pp., illus., Nov. 1948, 40 cents per copy. Published in cooperation with the State Department of Health, this bulletin gives sanitary standards desirable and attainable in school lunchrooms.

"A Manual of Instruction for School-Lunch Personnel," 84 pp., illus., Nov. 1948, 60 cents a copy. This guide for the training and supervision of school-lunch workers has as its purpose the stimulation of in-service training programs for school-lunch personnel, thereby improving the quality of lunches served to children.

Sincerely yours,



M. L. Wilson, Chief  
Nutrition Programs



W. H. Sebrell, Consultant